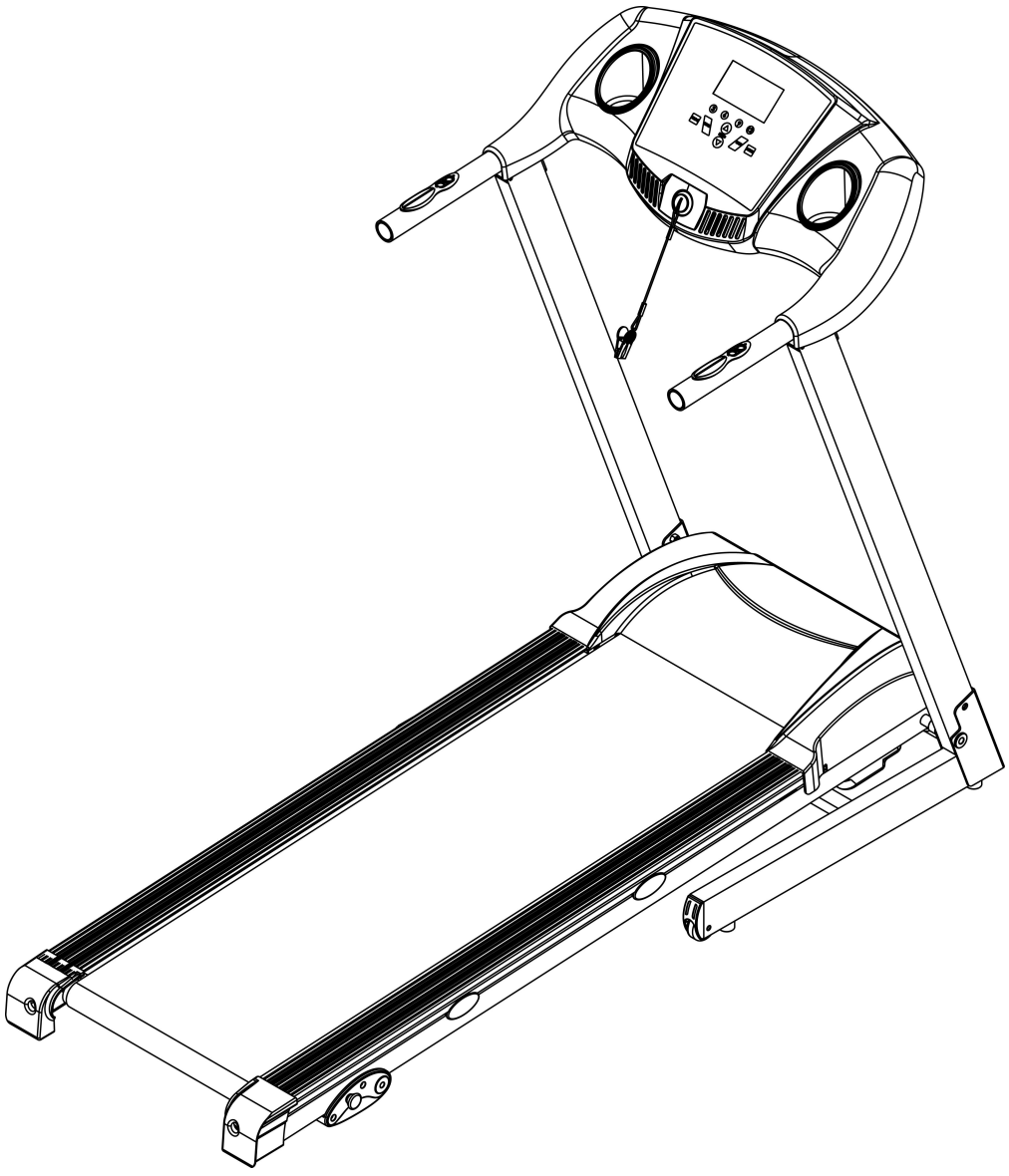
USER'S MANUAL



Read all instruction carefully before use this product. Retain this owner's manual for the future's reference

SAFETY PRECAUTION

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ATTENTION:

1, Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.

2, Please do not insert any items to any part of the equipments, which would damage the equipment.

3, Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

4, Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5, Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6, Keep the children and pets away from the treadmill while starting workout.

7, Don't exercise in 40-Mints after dinner.

8, The equipment is suitable for adults, Juveniles need be accompanied with adults while workout.

9, You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start the workout.

10, Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.

11, Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.

12,If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13, Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

14, Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.

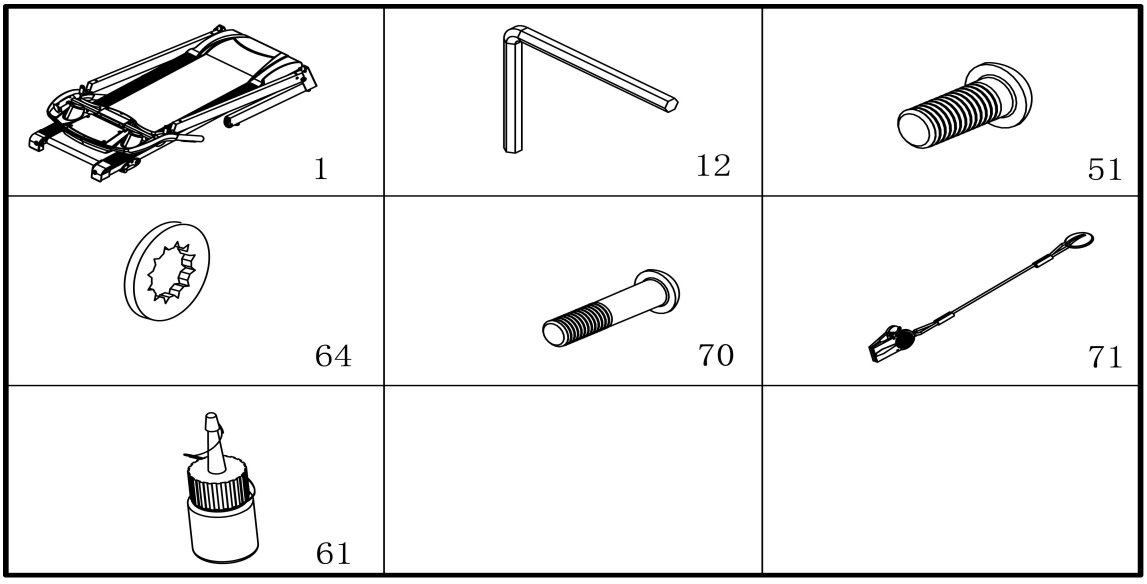
15,This Treadmill only for home-using. **The max user weight:≤100KG on running station.**

16, Please keep the space at least 1 X 2 meter at the end of base frame to escape any accidents!

ASSEMBLY INSTRUCTIONS

WITHOUT MASSAGER

When you open the carton, you will have below spare parts:



SPARE PARTS LIST:

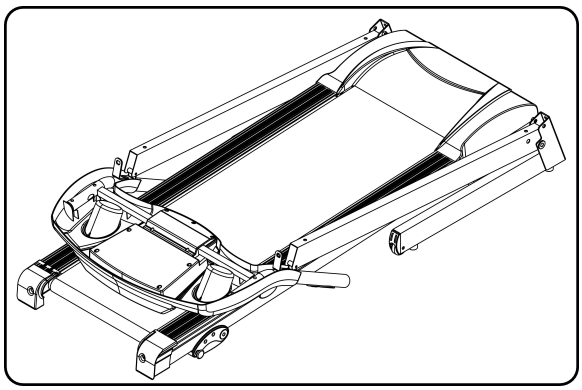
NO.	DISCRIPTION	SPECIFICATION	QTY		NO.	DISCRIPTION	SPECIFICATION	QTY
1	MAIN FRAME		1		70	BOLT	M8*45	2
12	5#ALLEN WRENCH		1		71	SAFETY KEY		1
51	BOLT	M8*16	4		61	OIL BOTTLE		1
64	LOCK WASHER	8	6					

FIXING TOOLS:

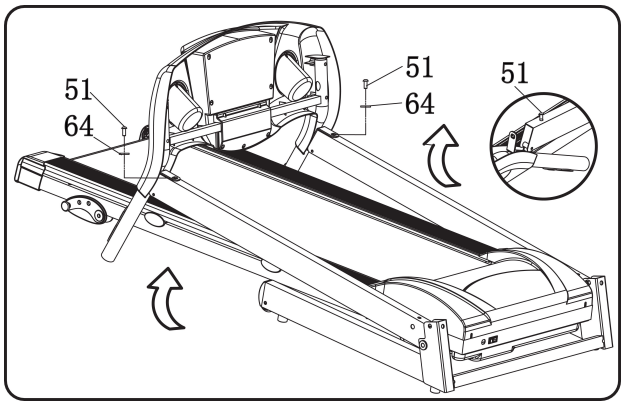
5#Allen Wrench 5mm 1pcs、

Notice: Do not get through power before complete assembly

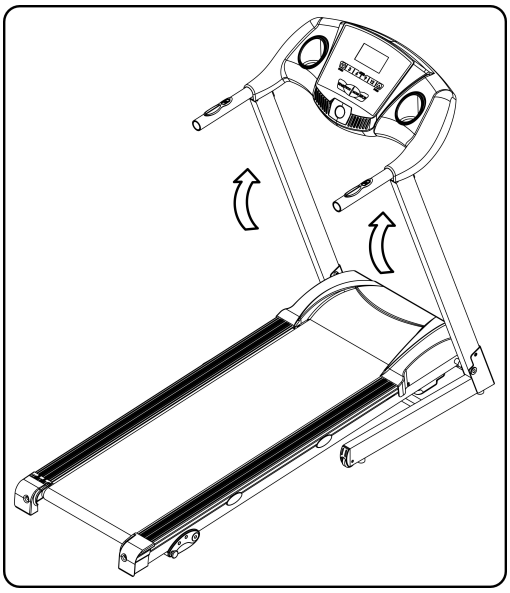
ASSEMBLY STEPS (WITHOUT MASSAGER)



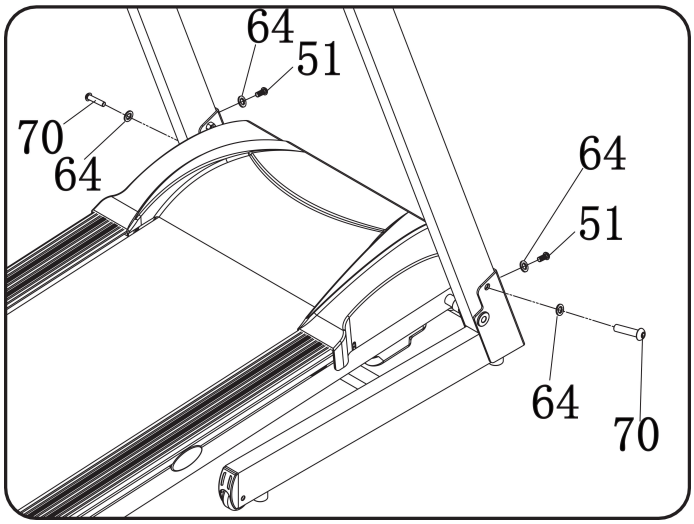
1.Open the carton， get out the above spare parts， put the Main Frame on the level ground.



2. Holding the computer frame,Use the 5# Allen Wrench, drill through the Bolt (51) to Lock Washer (64), then lock the computer onto left & right upright

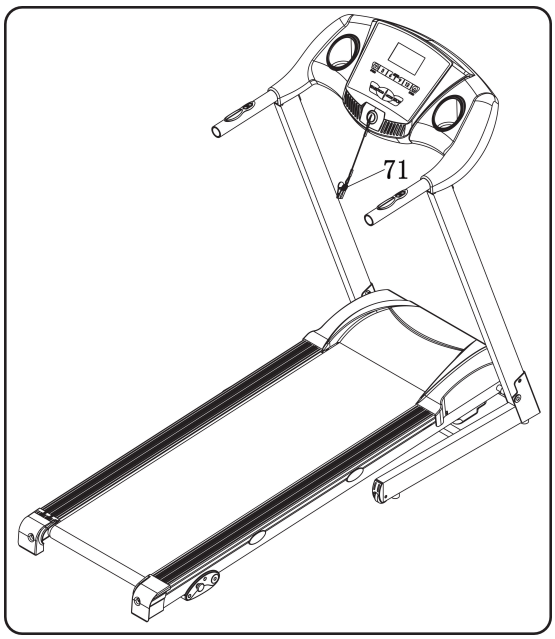


3. Holding the computer frame,Use the 5# Allen Wrench, drill through the Bolt (51) to Lock Washer (64), then lock the computer onto left & right upright



4.Use the 5# Allen wrench(12), drill through the Bolt M8*45(70) to Lock Washer (64), then lock the Right Upright onto base frame.

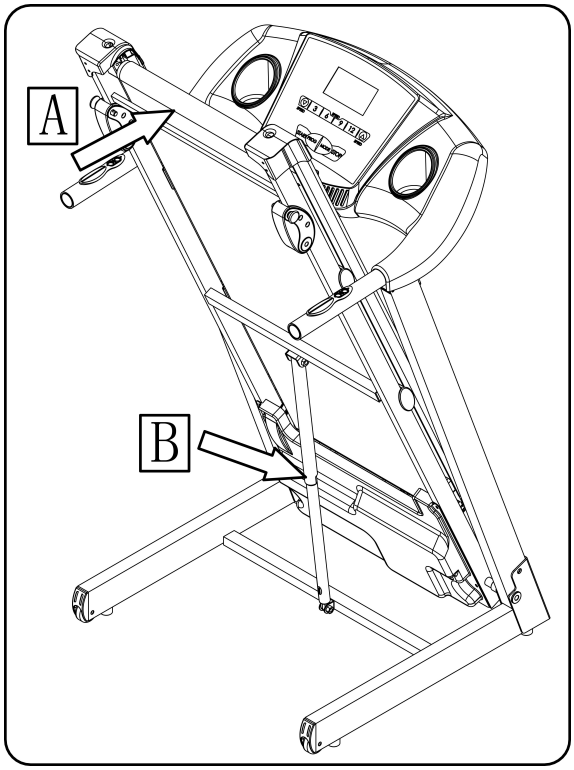
5. Drill through the Bolt M8*16(51) to Lock Washer (64), then lock the Right Upright onto base frame. Same assembly for left. See the left Picture.



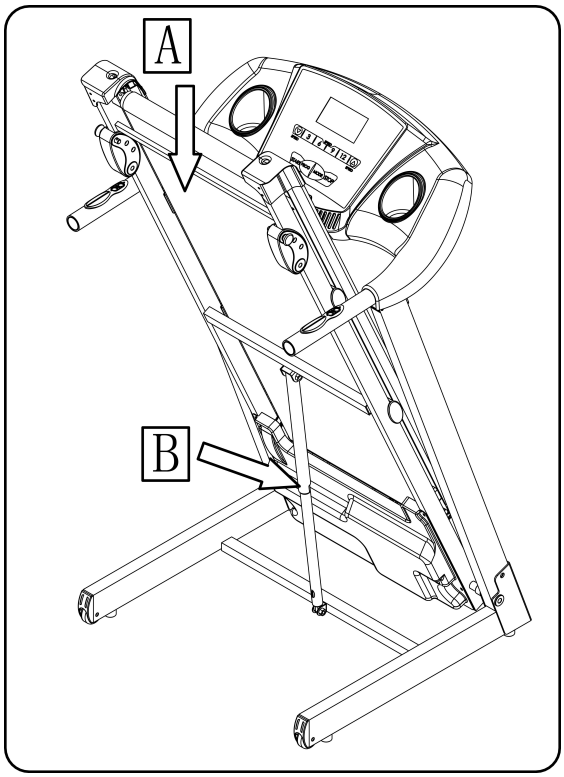
6.Put safety key on the its place, turn on the power switch.

ATTENTION： Please confirm complete assembly as require above and lock the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

FOLDING INSTRUCTION



Support place A with hands, then pull up the machine, till hearing the sound that pin bar B is locked into the round tube



Support place A with hands. Hold up the machine slightly and kick the pin bar then pull down the frame by hand and let it down automatic till on the floor.

TECHNICAL PARAMETER

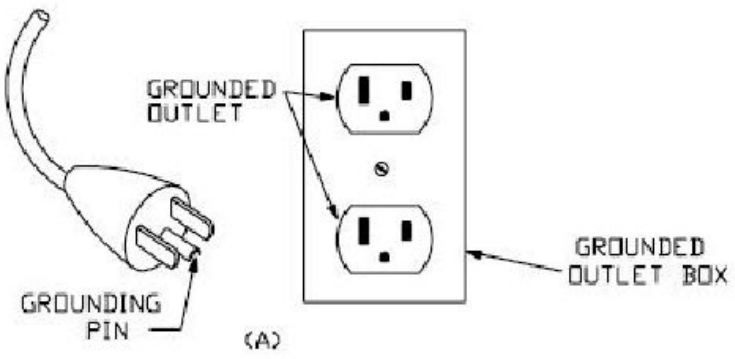
BUILT UP SIZE(mm)	1586*670*1307	**POWER**	As the rating label showing
FOLDABLE IZE(mm)	737*670*1485	**INPUT RATE**	As the rating label showing
RUNNING SURFACE SIZE(mm)	400*1200	**NET WEIGHT**	46 KG
SPEED RANGE	0.8-12KM/H	**MAX USER WEIGHT**	100KG
1 LCD DISPLAY WINDOWS WITH BLUE BACKGROUND	SPEED, TIME, DISTANCE, BODY FAT, CALORI		

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods



OPERATION GUIDE

WINDOWS：

LCD DISPLAY:

1、 “PROG”：display Program,

2、 “TIME”：display excise time，

3、 “SPEED”：display speed when running,

4、 “PULSE”：display heart rate

5、“CA L/ DIST” display calorie and distance,

BUTTON FUNCTION：

1、 “PROGRAM”button：press the button to choose program from P1—P12-to-FAT circularly。

2、 “MODE”：

2.1 under standby mode, press the button to choose countdown mode, from TIME count---DISTANCE countdown to CALORIE countdown circularly 。

2.2 under BODY FAT mode, press this button to choose parameter from SEX/AGE/HEIGHT/ to WEIGHT.

3、“START”：Press START button, treadmill will starts to run in a low speed after 3 seconds countdown.

4、“STOP”： press this button, the treadmill will speed down until stop.

5、SPEED▲、▼：press SPEED▲、▼ to adjust speed when treadmill is in use。Press SPEED▲、▼ for setting parameters when treadmill is under standby mode.

SPEED（3，6，9，12）：quick button for speed adjustment。

6、Buttons on left handlebar：Star/Stop。

7、Buttons on right handlebar：speed adjustment。

MAIN FUNCTION:

Turn on the power, all the windows lit 2 seconds, then enter the manual mode.

START-UP QUICKLY (MANUAL):

Put the safety key, press the Start button, in the 3 seconds, the treadmill starting and running from the lowest speed. Press “FAST” or “ SLOW ” to adjust the speed. To stop, press the stop button or directly pull off the safety key

.

Countdown mode:

Press the Mode button to select options: time countdown, distance countdown, calories countdown. The default value corresponds to the window and flashing display. Press “FAST” or “ SLOW ” to get desired speed. Press START, 3 seconds after the treadmill start to run. Press “FAST” or “ SLOW ” to adjust speed. When the window countdown to 0, the treadmill stop. Of course, it can also directly press the STOP button or disconnect safety key to stop.

Built-in programs:

Press the program button, select P1 --- P12 any one of them shall be built-in program, the time window displays the default value of TIME and flashing, press the SPEED button to adjust the time required. Built-in program is divided into 20 segments, each time the running time for the set / 20. Press the START button, treadmill running according to the first paragraph in 3 seconds countdown speed and incline up, when ended, automatically enter the next period of operation, speed and incline at the same time automatically adjust the value for the segment. Finished running all segments. Program ended, the speed slow down to stop the treadmill, incline return to 0.

During the operation speed and incline can be adjusted up and down. But in the next period will be automatically adjusted to the program defaults. Movement can also be directly pressed STOP key or disconnect safety key to stop the run. Built-in program data, see Table

Heart rate:

Both hands holding the sensors, about 5 seconds after the window displays your heartbeat values, in order to get more correct heartbeat value, measured when the treadmill stopped. Heart rate data only for reference, not as medical data.

BODY FAT TEST：

When ready mode, press program button till the speed window shows FAT to enter the body fat test program, then you enter Body fast test mode， press MODE to select (sex, age, height , weight) And the window TIME/DIST. Will show “-1-”，“-2-”、“-3-”“-4-”.Selecting one sort and you can adjust by speed+ or speed -.The window CAL/PULSE will show the result. When finish the parameter adjustment. Press MODE ,then the window will show “-5-”&“---”.That you are in testing mode. Hands clasped hand pulse five seconds will show your body fat index（BMI）.

Body fat index table：

Parameter class	Default	Setting range	Remark
Sex	0（Male）	0—1	0=Male 1= Female
Age	25 years	10—99 years	
Height	170 CM	100—240 CM	
Weight	70KG	20—160KG	

Body fat index compare table:

Body fat index（BMI）	Body status
<19	Thin
19--26	Perfect
26--30	Overweight
>30	Obesity

Sleep function:

Stopped for more than 10 minutes without any operation, the system completed all showed off into sleep mode. Press any key to wake up.

Safety function:

Under any situation, pull off safety key, window display “SAFEKEY”, the buzzer has sound “BI-BI-BI”， at this time machine can not do any operate. Put safety key on again, LCD window show the weight set up by last time, equipment reset, wait for enter command.

Exercise parameter and setting

	Show Range	Mode Default	Program Default	Setting Range
Speed	0.8KMH—12KMH	--------	--------	--------
Time	0:00—99:59	30:00	30:00	5:00---99:00
Dist.	0.00KM—99.9KM	1.00KM	--------	0.5KM—99.5KM
Calorie	0Kcl—999Kcl	50Kcl	--------	10Kcl—995Kcl

Default program data table.

TIME / PROG		To set time / 20 time = running time of each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3

EXERCISE INSTRUCTIONS

WARM UP STAGE

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

EXERCISE STAGE

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you

can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

EXERCISE FREQUENCY

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 0.8-3.0KM/H not well physical

Speed 3.0-4.5KM/H less movement and workout

Speed 4.5-6.0KM/H normal walking

Speed 6.0-7.5KM/H Fast walking

Speed 7.5-9.0KM/H Jogging

Speed 9.0-12.0KM/H intermediate speed walking

Attention: The velocity of movement **≤6KM/H , the normal walking;** The velocity of movement **≥8.0KM/H ,the runner.**

WARM UP INSTRUCTION

Take warm-up exercise before workout for 5-10mints.It' easy to start training with warm-muscle. Training following this method for 5-times, each leg doing for 10seconds or more ,do it again after finished-training.

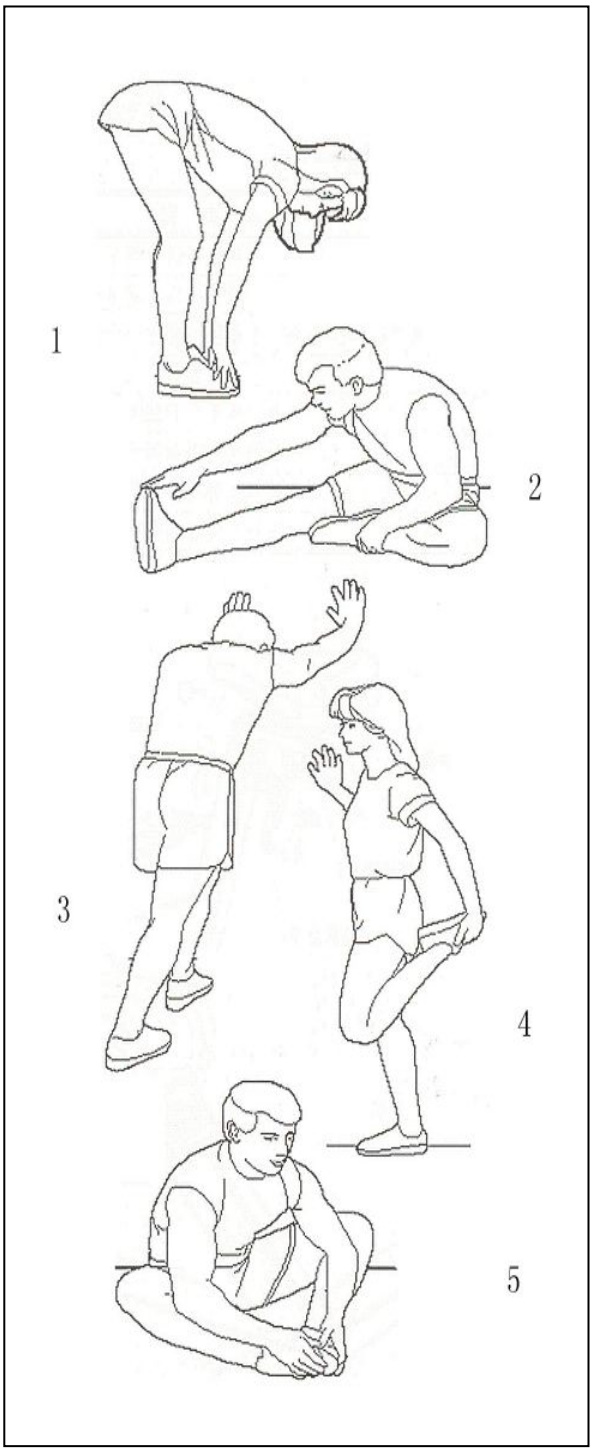
1,Down spread your body: Knees slightly curved, body bends slowly ,then relax your back and shoulders, trying to touch your toes in hands for 10-15Mints, then standing up .Repeat this action for 3Times. PIC 1

2, Hamstring stretch: sitting on the clean seat, keeping on leg straight and the other leg bending little close to the straight one. Touch the toes in hands .Keep the pose for 10-15 seconds, then relax. Repeat the action for 3Time. PIC 2

3, Legs and feet stretched tendon: Standing close to the wall or tree, on foot in the post and keep straight ,the heel hit ground at the direction of the wall and tree. Stay for 10-15Seconds, then relax, repeat this action for 3Times. PIC 3

4, Quadriceps stretch: Keep balance by the hands hold up the tree or close to the wall, then the right hand back stretch until catch the right leg and close to the hip, while you feel tense with the muscle in front of thigh. Keep the pose for 10-15Seconds. Repeat this action for 3 Times. PIC 4

5, Sartorius muscle (inner thigh muscles) stretch: sitting with foot in contrast and knee outward. The hands grasp the feet to the groin pulling .Maintain the pose for 10-15Seconds, then relax. Repeat this action for 3 Times .PIC 5



RUNNING BELT ADJUSTMENT

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning or the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

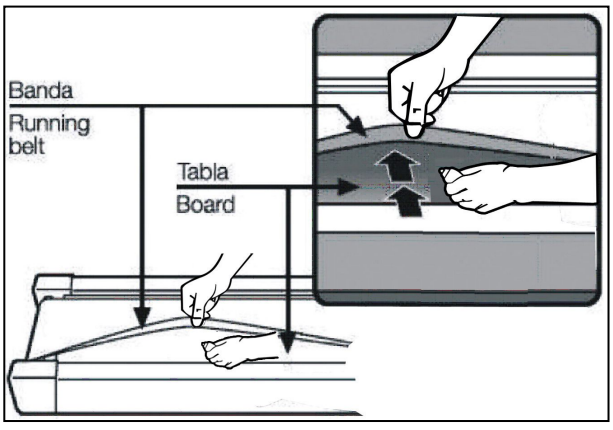
Ø Light user (less than 3 hours/ week) annually

Ø Medium user (3-5 hours/ week) every six months

Ø Heavy user (more than 5 hours/ week) every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.



1, We suggest that you should cut off the power for 10Mints after keep running 1.5HS , so that it's good for maintain the treadmill.

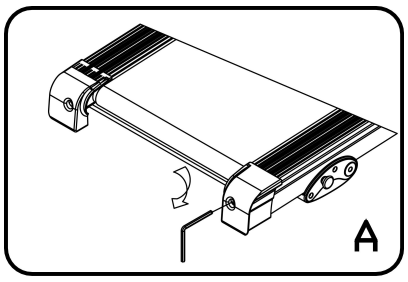
2,For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too

tight and loose.

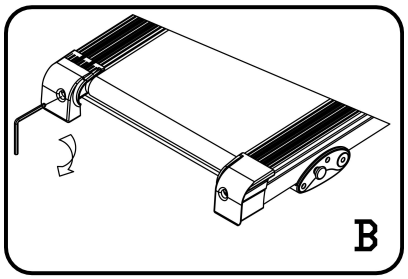
Center the running belt

Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

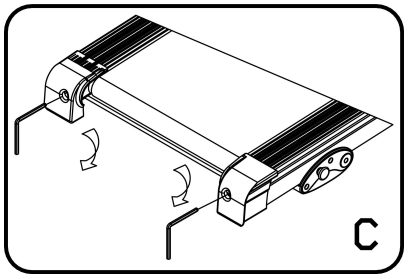
If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A



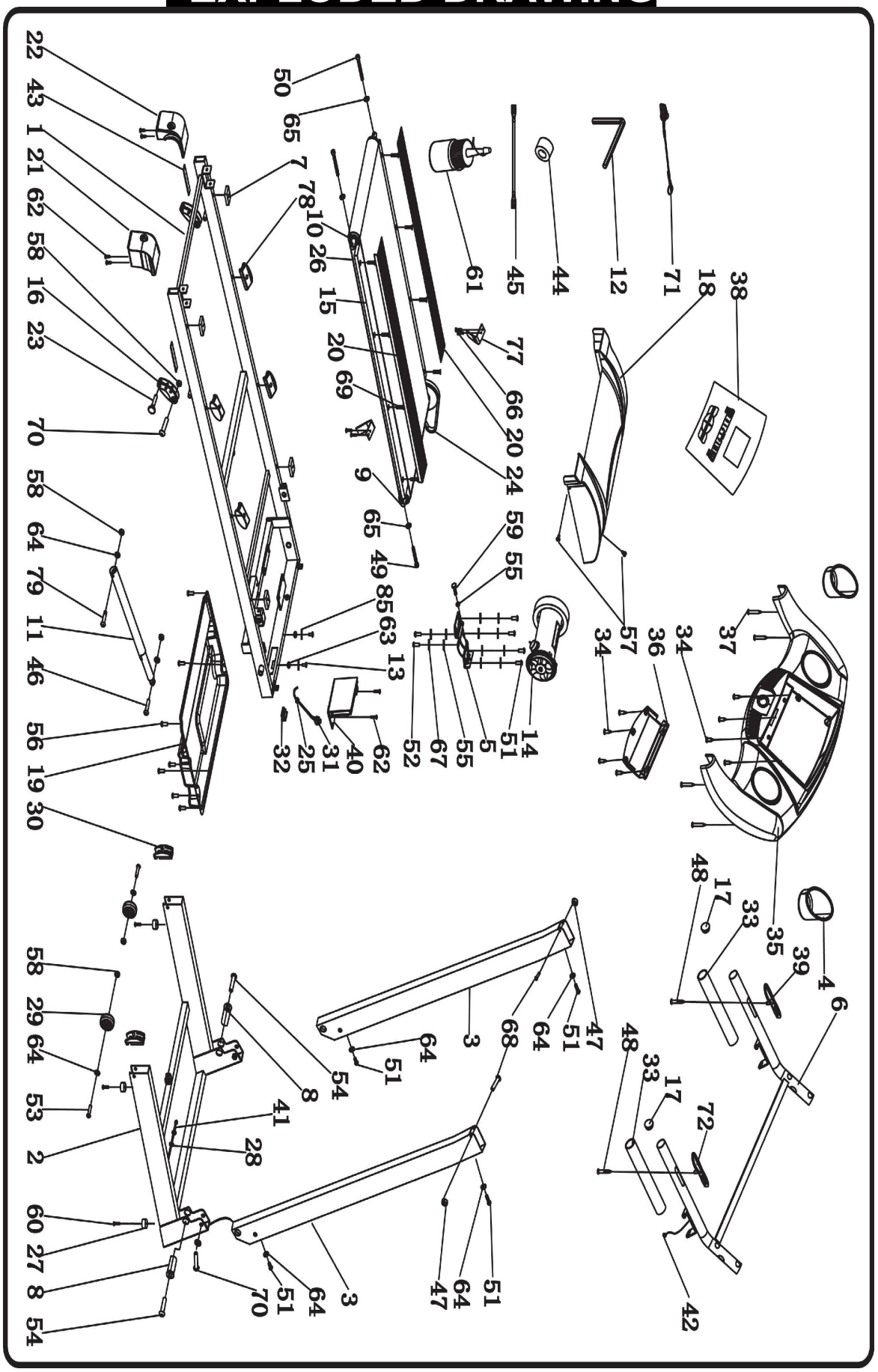
If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .PIC B



Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C



EXPLODED DRAWING



PART LIST

NO.	DISCRIPTION	SPECS	QTY.	NO.	DISCRIPTION	SPECS	QTY.
1	MAIN FRAME		1	44	magnet ring		1
2	BASE FRAME		1	45	blue single lateral		1
3	Upright bracket		2	46	bolt	M8*25	1
4	Bottle holder		2	47	Lock nut	M6	2
5	MOTOR BRACKET		1	48	bolt	ST4.2*28	2
6	COMPUTER BRACKET		1	49	bolt	M6*45	1
7	rubber pad		4	50	bolt	M6*65	2
8	TURNING BUSHING		2	51	bolt	M8*16	14
9	FRONT ROLLER		1	52	bolt	M8*12	2
10	REAR ROLLER		1	53	bolt	M8*40	2
11	CYLINDER		1	54	bolt	M10*70	2
12	5#ALLEN WRENCH	5mm	1	55	flat washer C class	8	10
13	bolt	M5*15	1	56	bolt	ST4.2*12	7
14	DC Motor		1	57	bolt	M5*8	4
15	Running Board		1	58	Lock nut	M8	8
16	Adjustable foot pad		2	59	Bolt c class	M8*25	1
17	Circle end cap		2	60	screw	ST4.2*19	4
18	MOTOR TOP COVER		1	61	Oil bottle		1
19	MOTOR BOTTOM COVER		1	62	screw	ST4.2*19	6
20	Side rail		2	63	Lock washer	5	2
21	RIGHT BACK COVER		1	64	Lock washer	8	20
22	LEFT BACK COVER		1	65	Lock washer	6	3
23	fixed plug		2	66	Screw	ST4.2*12	4
24	Motor belt		1	67	Lock washer	8	9
25	POWER WIRE BUCKLE		1	68	bolt	M6*37	2
26	Running belt		1	69	bolt	M6*35	8
27	Foot pad		4	70	bolt	M8*45	4
28	ring wire plug B		2	71	Safety key		1
29	transport wheel		2	72	Hand pulse with speed+/speed-		1
30	Wheel cover		2	76	Foam		4
31	Power wire		1	77	Belt guide		3
32	switch		1	78	Cushion		4
33	foam		2	79	bolt	M8*42	1
34	Bolt	ST4.2*13	9	85	Lock washer		1
35	Computer bottom cover		1				
36	COMPUTER UP COVER		1				
37	Bolt	ST4.2*20	4				
38	Computer		1				
39	Hand pulse with start/stop		1				
40	Control Board		1				
41	Computer up wire		1				
42	Computer bottom wire		1				
43	Rubber Pad 2		2				

TROUBLE SHOOTING GUIDE

Fault Code	Main resaon	Solution
E01	The wire from computer to bottom control board didn't connected well	1. Check the connection wire between computer and control board was well connected. 2. Make sure the IC on the control board was well inserted. If not re-insert. 3. Abnormal power supply in control board. Please change a new control board.
E02	Protect the exploding	1. Bad contact with motor open circuit. Please change a new motor or check the connector. 2. Power tube was puncture. Please change a new Power tube or control board.
E05	Overcurrent Protection	1. Overloaded。 2. Running board with heavy resistance. Need to be oiled 3. Damage in Motor. Change a new motor.
E06	Control board self-checking	
E08	EEPROM damage	Change the control board